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WEEK 30

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So, here we are at the corner of Thanksgiving and the end of our CSA season. We hope we're sending you off with veggies that could make a nice addition to your Thanksgiving feast. Here's a recipe for sweet potato pie which could easily fill in for pumpkin pie on the dessert table. I am including a gluten-free pie crust recipe as well since many of us will be using gluten-free and dairy-free recipes during the holidays. With the array of creative recipes and varieties of flours, it has become much easier to make traditional dishes that "taste like home".

Whatever you cook and wherever you are, we hope you have a blessed Thanksgiving and holiday season. As we hit the pause button on our CSA season for the winter, we are busily preparing for 2018. We are very grateful to have had you as part of our farm family in the 2017 CSA season and hope to see you after the thaw!

Sweet Potato Pie (from New York Times Cooking)

3 medium sweet potatoes, peeled (about 1 $\frac{3}{4}$ pounds); 5 tablespoons butter, at room temperature (or 5 tablespoons coconut oil, which is typically firm at room temperature. If not, chill until firm); $\frac{3}{4}$ cup sugar; 1 $\frac{1}{4}$ teaspoons freshly ground nutmeg; 1 large egg; $\frac{1}{2}$ teaspoon vanilla; 2 $\frac{1}{4}$ teaspoons baking powder; 3 tablespoons evaporated milk (use coconut or almond milk for dairy-free option); Unbaked pie shell, 9 inches (see recipe below for gluten-free pie crust using almond flour)

Step 1

Place sweet potatoes in a large saucepan, and add water to cover. Bring to a boil, reduce heat to low and simmer until very tender, about 45 minutes. Drain well.

Step 2

Mash the potatoes in a bowl. The potatoes should yield about 2 $\frac{3}{4}$ cups mashed potatoes.

Step 3

Preheat oven to 350 degrees. Add butter to hot potatoes, and mash until smooth. Add sugar, nutmeg, egg and vanilla, miing well. Combine baking powder with milk, and stir to blend. Add to mashed potatoes. Whisk mixture until velvety. Mound into pie shell, then spread evenly to edges.

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Step 4

Bake until pie has set and is lightly browned on top, about 55 minutes. Cool to room temperature before serving.

Almond Flour Pie Crust (from Fountain Avenue Kitchen blog)

For this recipe, I use Bob's Red Mill Almond Flour which you can find at most grocery stores.

INGREDIENTS

2 cups (225 grams) blanched almond flour (almond meal-which often has bits of the dark brown skins in it-works but makes a heartier, more rustic crust); 2 tablespoons granulated sugar; 1/4 teaspoon baking soda; 1/4 teaspoon kosher salt; 2 tablespoons coconut oil (chilled briefly to firm up, if necessary; may substitute cold butter); 1 egg; 1/4 teaspoon vanilla

Grease a 9-inch pie dish very well, and preheat the oven to 350 degrees F. (Greasing the dish is an important step when using nut flours.)

Place the flour, sugar, baking soda and salt in a food processor and pulse several times.

Add the egg and vanilla, and then scatter small pieces of coconut oil over top. Pulse until the mixture forms a ball.

Press the dough evenly into a 9-inch pie dish, working the dough all the way up the sides. (For added ease, I like to press the dough ball into a flat disc first.)

With a fork, prick the crust several times over the bottom and sides, and then bake for 8-12 minutes.

If you are baking again with a filling, bake the crust until the bottom is just dry. If you are adding a filling that does not require further baking, bake until the crust is lightly golden around the edges.

NOTE: Nut flours tend to brown more easily than wheat flours, so you may want to protect the outer edge of the crust with aluminum foil or pie crust protectors.

HOW TO STORE SWEET POTATOES

We had a bountiful harvest of sweet potatoes this season, and we want to pass along the blessing. We recommend storing them in a cool dark place, like the bottom of an unheated closet. Mice do love them, so be mindful of this when finding your spot. Under correct conditions, they should keep until March.

2018 SEASON

We plan to open sign-ups in January, with our usual early sign-up discounts. Next week, we will be reviewing this season, and working on improvements for next season. Please share any feedback, so we can continue to improve.

THANK YOU!